

The Virginian Prevention Corner

Prevention Services
Office of Substance Abuse
Services

Volume I, Issue I

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Welcome

Welcome to Volume I, Issue I of The Virginia Prevention Corner newsletter. The Virginian Prevention Corner is a quarterly newsletter filled with helpful information regarding Prevention news, updates, upcoming trainings and workshops.

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"Think!...Don't Drink!" Underage Drinking Initiative

Secretary of Public Safety, John, W. Marshall, announced the "Think!...Don't Drink" underage drinking initiative at the 2008 Community Builders Network Conference. As a component of the Prevention Comes First Initiative, the Governor's Office for Substance Abuse Prevention (GOSAP) Collaboration has developed a statewide initiative to prevent underage drinking.

Research has shown that alcohol negatively affects adolescent physical health, brain development and mental health, and produces numerous behavioral and social consequences. More information can be found at www.gosap.virginia.gov/thinkdontdrink.html. Information on the website includes a public service announcement and a downloadable version of the **"Community Guide for Preventing and Reducing Underage Drinking."** This guide is designed to help community prevention coalitions, using evidence-based programs and activities, implement a multi-strategy approach to underage drinking that is tailored to their community.

The **"Parent Guide to Preventing Underage Drinking"** is a guide for parents that informs them about the risks and costs of underage drinking. It provides specific strategies to parents to protect children/youth and others in the community. It includes Virginia-specific data on prevalence, risks and costs. The guide is available for dissemination throughout Virginia. More information is available at www.gosap.state.va.us/thinkdontdrink.html.

Copies of the **"Community Guide for Preventing and Reducing Underage Drinking"** and the **"Parent Guide to Preventing Underage Drinking"** can be requested by calling Bernice Morgan at (804) 371-0359, or by email at Bernice.Morgan@co.dmhmsas.virginia.gov.

Did you Know?

There are still brochures, booklets, posters, and bookmarks available to you, all for the asking. If you would like any of these materials, contact Bernice Morgan, RADAR Network Specialist, at (804) 371-0359 or by email at Bernice.Morgan@co.dmhmsas.virginia.gov.

**PREVENTION : THINK...
comes : Don't
FIRST DRINK**

Funding

Young Parents Demonstration Program (YPDP)

Department of Labor

Application Due Date:
November 17, 2008

2009 Nestlé Very Best in Youth Competition

Nestlé

Application Due Date:
November 20, 2008

Mechanisms of Adverse Drug Effects in Children (R01)

Department of Health and Human Services

Letter of Intent Due Date:
December 21, 2008 (various dates)
Application Due Date:
January 21, 2009 (various dates)

AmeriCorps State and National Grants

Corporation for National and Community Service

Application Due Date:
January 13, 2009 (various dates)

Youth Build Grants

Department of Labor

Application Due Date: January 15, 2009
(various dates)

Reducing Risk Behaviors by Promoting Positive Youth Development

Department of Health and Human Services

Application Due Date:
February 5, 2009

Track Renovation Program

Nike's Community Affairs

Application Due Date: May 9, 2009

NFL Youth Football Fund Grassroots Program

National Football League Youth Football Fund and Local Initiatives Support Corporation

Application Due Date:
December 15, 2009

Do Something Youth Grants

Do Something

Application Due Date:
Various deadlines

Youth Education Grants

Jack Kent Cooke Foundation

Application Due Date: Rolling

Other Information

Department of Justice Announces \$19 Million in Awards to Enforce Underage Drinking Laws

Department of Justice

For more information, visit:
<http://www.ojp.usdoj.gov/newsroom/pressreleases/2008/ojdp08098.htm>

Youth Substance Abuse Declines Between 2002 and 2007

Department of Health and Human Services

For more information, visit:
<http://www.samhsa.gov/newsroom/advories/0809033637.aspx>

Office of Juvenile Justice and Delinquency Prevention Announces More Than \$293 Million in Grants

Department of Justice

For more information, visit:
<http://www.ojp.usdoj.gov/newsroom/pressreleases/2008/ojdp08116.htm>

Study Links Adolescent Insomnia to Alcohol, Other Drug Use

SLEEP

For more information, visit:
<http://www.journalsleep.org/ViewAbstract.aspx?citationid=3669>

Secondhand Smoke Exposure May Lead to Youth Nicotine Addiction

For more information, visit:
<http://www.sciencedirect.com/>

Risks Found for Youth in New Antipsychotics

For more information, visit:
http://www.nytimes.com/2008/09/15/health/research/15drug.html?_r=3&em&oref=slogin&oref=slogin&oref=slogin

To view a list of the FY08 discretionary grant awards, visit the Family and Youth Services Bureau site at
<http://www.acf.hhs.gov/programs/fysb/>

Drug-Free Communities Grants

SAMHSA has announced the awards for the Drug-Free Communities Grants. The charts below show the awards for the new FF 09 Drug Free Communities Grantees and the Continuing FF 09 Drug-Free Communities Grantees. All of us at Prevention Services congratulate the Coalition leaders and members on this wonderful accomplishment.

New FFY 09 Drug Free Communities Grantees

1 SP014805-01	Rockbridge Area Community Services	Rockbridge Area Prevention Coalition	Lexington, VA	Kelly Shifflett 540-462-6643
2 SP010802-06	Family Services of Roanoke Valley	Roanoke County Prevention Council	Roanoke, VA	John Pendarvis 540-563-5316
1 SP014815-01	Alexandria Community Services Board	Substance Abuse Prevention Coalition of Alexandria	Alexandria, VA	Tricia Bassing 703-838-6376
2 SP012353-06	Danville-Pittsylvania Community Services	Regional Alliance for Substance Abuse Prevention	Danville, VA	Jennifer Smith 434-799-0456
1 SP014763-01	City of Waynesboro	SAW Coalition	Waynesboro, VA	Diane Kellogg 540-942-6757

Continuing FFY 09 Drug Free Communities Grantees

5 SP011592-05	New River Valley Community Services	New River Valley-Pulaski Community Partners	Blacksburg, VA	Rosemary Sullivan 540-961-8346
5 SP011447-05	Substance Abuse Free Environment	SAFE (Substance Abuse Free Environment)	Chesterfield, VA	Sharyl Adams 804-796-7100
5 SP014409-02	Fairfax County Public Schools	Fairfax County Public Schools	Falls Church, VA	Clarence Jones 571-423-4270
5 SP014299-02	Bragg Hill Family Life Center	Tower Ministries Bragg Hill Family Life Center	Fredericksburg, VA	Joseph Henderson 540-371-3662
5 SP013223-04	Warren County Community Mental Health Coalition	Warren County Community Mental Health Coalition	Front Royal, VA	Jill Williams 540-636-6385
5 SP011265-05	Rockingham Memorial Hospital (Harrisonburg)	Strong Families/Great Youth	Harrisonburg, VA	Cindy Reeves 540-433-4421
5 SP011545-05	Piedmont Community Services	HEY! (Helping Empower Youth) Community Task Force	Martinsville, VA	Bonnie Favero 276-632-2108
5 SP011347-05	Safe Community Coalition	Safe Community Coalition	McLean, VA	Claire Dillon 703-406-9097
5 SP011406-05	City of Newport News	Community Builders Network	Newport News, VA	Freddie Simons 757-245-0217
5 SP014389-02	Regional Drug Free Alliance	Regional Drug Free Alliance	Richmond, VA	Maureen Earley 804-377-3125
5 SP013132-04	Blue Ridge Behavioral Healthcare	Roanoke Area Youth Substance Abuse Coalition	Roanoke, VA	Susan Rieves-Austin 540-345-9841
5 SP013510-04	Middle Peninsula-Northern Neck Community Services	The Rural Virginia United Coalition	Saluda, VA	Cheryl Matteo-Kerney 804-758-9398
5 SP011304-05	Fauquier CADRE	Fauquier CADRE	Warrenton, VA	Thomas Harris 540-347-2340
5 SP012265-06	College of William and Mary	Historic Triangle Substance Abuse Coalition	Williamsburg, VA	Dr. Sandra Ward 757-221-2356

Bragging Corner

Katie Connelly, Community Organizer and Bonnie Favero, Prevention Manager at Piedmont Community Services, presented "Empowering Youth to Build Capacity in a Rural Community" at the National Prevention Network Research Conference in Indianapolis, Indiana. The workshop focused on strategies to include youth in coalitions from the onset, how to recruit, train and keep them involved in mobilizing your community. Participants heard how this small Virginia community has built a youth task force from 20-95 youth over the past five years and made a significant progress in changing community norms. Members of **CHILL (Communities Helping Improve Local Lives)** and **Positive Choices Youth Task Force** have been trained in the prevention framework to become not only vital assets, but also a catalyst for change in their community. Youth are a significant sector of the community with a stake in the outcomes of prevention activities. They can be the most successful in reaching their peer group, and their perspectives are often needed when it comes to planning the best strategies for ATOD prevention. Youth can be involved in changing policies and other environmental strategies. When youth are taught successful prevention strategies and become part of the planning and implementation of those strategies in their community, they take ownership of the results.



Bragging Corner

Mobilizing a Community Towards Positive Choices for Youth, (MCTPCY), led by Bonnie Favero, Prevention Manager and Katie Connelly, Community Organizer, at Piedmont Community Services, is a universal strategy that targets middle and high school-aged youth and their caregivers. The program is aimed at reducing ATOD use in 13-20 year-olds in a rural Southside Virginia community that has suffered massive unemployment, high crime rate and favorable attitudes toward the abuse of substances. This program is based on the model program, Communities Mobilizing for Change on Alcohol. For the past five years, MCTPCY has employed multiple prevention strategies, increasing capacity through multi-agency coordination and collaboration, youth leadership development and systematic community planning. The program involves three key components: community mobilization, including youth and adult task forces, prevention education, and social norms marketing through a variety of media.

The 4th Annual Southwest Prevention Convention was held in Dallas, Texas at the Doubletree Hotel, October 14-17, 2008. The goal of the Southwest Prevention Center's 4th Annual Regional Prevention Convention was to provide in-dept, skills-based learning opportunities to advance the field of substance abuse prevention. This annual, prevention-focused conference in the Southwest region is a direct response to current and future needs of the prevention community and is designed to provide a regular forum for the dissemination of the most current research in the field. Conference sessions provided support not only for the development of basic prevention knowledge, skills and abilities for newer practitioners, but also for the professional growth of more experienced practitioners.

Bonnie Favero and Regina Clark, Prevention Specialist at **Piedmont Community Services**, presented "**Facilitating Learning Using Appreciative Inquiry**", at the Southwest Prevention Conference in Dallas, Texas. The presentation focused on facilitating experiential learning, understanding the importance of processing and techniques for processing. The goals of the presentation were for participants to have a better understanding of appreciative inquiry as a technique for facilitation and to learn through practice how to effectively facilitate a program for youth.

The Substance Abuse Prevention Coalition of Alexandria received a 5-year DFC grant, beginning October 1, 2008. The Office of National Drug Control Policy says that alcohol, tobacco and other drug use rates were lower in cities and towns with coalitions funded by the Drug Free Communities (DFC) program.

The Mount Rogers Community Mental Health and Mental Retardation Services Board hosted an open house for their new Fernwood Center headquarters in Carroll.

Where there once were multiple offices located throughout the Blue Ridge Crossroads region, Mount Rogers now has one headquarters that stations them all—the Greenwood Center, located at 6999 Carrollton Pike in Carroll County.

The Fernwood Center offers services of counseling, youth and extended care, with also having a designated training room for staff, a mediation room with a nature preservation area.

The City of Alexandria is currently featured in the National League of Cities' Youth Council Spotlight. The City was recognized for a teen pregnancy prevention project that used student photographers to highlight the challenges experienced by teen parents. The project was coordinated by the Alexandria Youth Council, the Alexandria Campaign on Adolescent Pregnancy, and the Alexandria City Public Schools.

Have exciting news that you would like to share or brag about? Contact Sheree Slater at (804) 225-2312, or by email at Sheree.Slater@co.dmhmsas.virginia.gov; Katie Rotelli at (804) 371-5048, or by email at Kathryn.Rotelli@co.dmhmsas.virginia.gov or Michael Olsen at (804) 786-0050, or by email at Michael.Olsen@co.dmhmsas.virginia.gov, to be featured in our newsletter.

Prevention Director Spotlight

The **Fairfax County Board of Supervisors** has appointed **George Braunstein** as **Executive Director of the Fairfax-Falls Church Community Services Board**. Mr. Braunstein began his new position on October 11, 2008.

Mr. Braunstein has more than 24 years of experience in public and private sector behavioral health service systems, and is currently the executive director of the Chesterfield Community Services Board.

The **Southside Community Services Board** has a new Prevention Director, Wanda Walker. Ms. Walker began her new position on September 7, 2008.

Ms. Walker has more than 17 years experience in children's programming.

Northwestern Community Services has a new Prevention Director, Christa Shifflett. Ms. Shifflett began her new position in October, 2008.

Prior to her new position, Ms. Shifflett worked for Northwestern Community Services, for four years, as the council Coordinator for the Part C Program, in Winchester and Warren Counties.

Ms. Shifflett has eight years experience as the Executive Director of the FOCUS Coalition in Charles Town, WV.

KIT News

As of last year, we are housing the **Community-Based Strategic Prevention Plan Report**, otherwise known as the Coalition Report, on the KIT Database. The report is the same as last year, but with a little tweaking to make it more accessible and user-friendly. Instructions for completing the report, along with the ability to view and print, can be found at <http://kitusers.kithost.net/support/va/Library/tabid/594/Default.aspx>. Also, the location for this information is listed under the announcements on the opening page of the KIT Database.

As in the past, please complete one form for each coalition. If you have questions about completing the form or which coalitions to include, please call your Prevention Consultant, Michael Olsen, at (804) 786-0050, or Rae Reed, at (804) 225-4901. The report is due **December 12, 2008**. We are hoping this will give you time to involve your fellow coalition members in the preparation and approval of the report.

The new **Virginia Online Learning Community** (Prevention's version of the popular Myspace.com website) will be available soon! You will be able to create your own webpage, add pictures of yourself and the programs you are providing, post groups within the Virginia community, and email fellow prevention specialists and directors in Virginia.

SACAVA News

The next Certified Prevention Professional (CPP) test will be given December 12, 2008. All applications for the test needed to be received no later than November 3, 2008. For more information, please visit the Substance Abuse Certification Alliance of Virginia (SACAVA) website at www.SACAVA.org, or you may contact the office by phone at (804) 741-2319, or by email at sacava_dsl@verizon.net.

Upcoming Trainings and Workshops

Inhalant Abuse: What You Should Know is a web-based training on inhalant abuse designed especially for parents and guardians, by the New England Inhalant Abuse Prevention Coalition. For more information, please visit <http://www.inhalantabusetraining.org/>

Strengthening Families

Fifteen **family strengthening programs** were provided funding from the Department of Mental Health, Mental Retardation and Substance Abuse Services to support the **Breakfast of Champions** awards in their respective localities. These awards were given to individuals and/or groups in the business, education, faith, media, service and government arenas. By partnering with these family programs, these individuals and groups helped to promote and sustain these initiatives in the community. Ceremonies were convened in late 2007 through 2008.



This year's **Strengthening Families Development Training** was held September 25-26, 2008, at the Newport News Marriott, in Newport News, VA. Thursday's speaker was Maxine Fuller from the McKinley Group in Georgia. Ms. Fuller's topic was "Stress Management for Managers and Prevention Practitioners." Her presentation was timely and well received. Friday morning commenced with a class in stress reduction techniques, instructed by Robin Fary. The class entitled, "Connecting Our Mind and Body Through Our Breath," was both relaxing and informative. Donna Brock from Virginia Tech provided the participants with an overview and summation of the evaluation of the Strengthening Families programs, and furnished them with a copy of the executive summary. Steve Ridini from the Medical Foundation conducted an interactive workshop on "Sustaining Prevention Efforts in Your Community." Mr. Ridini helped attendees to look at their communities individually, and to consider alternative strategies regarding fundraising, non-traditional partners and planning for the future. Steve Hixon from Henrico CSB, closed the session with his workshop, "Meeting the Challenges of Working with Youth of Varying Ages in Your Strengthening Families Programs." Mr. Hixon's animated and informative presentation addressed many of the issues facilitators face with today's youth in and out of the classroom.

What is Epidemiology?

Epidemiology is “the study of the distribution and determinants of health-related states or events in specified populations and the application of this study to control health problems” (Gordis, 2004). Whew! Even though this definition may seem intimidating and difficult, epidemiology is an interesting and highly useful study in public health. Epidemiology may be used to study the history of disease, develop a community diagnosis, study the risks of individuals as they affect groups or populations, and for use in assessment, evaluation, and research (Lewis, 2008).

History

One of the biggest achievements in modern epidemiology came from anesthesiologist John Snow. England faced a horrible event in 1854 when nearly 600 Londoners perished due to a cholera outbreak. While distinguished medical scientist William Farr believed that the outbreak was correlated with the elevation of the sick’s residence, Snow had a different idea. To validate his hypothesis, Snow drew a map of London and pinpointed the home of each individual who fell ill. (See Figure 1 on the right). From that map, Snow determined that the source of the outbreak came from a contaminated community water pump on Broad Street. Residents unknowingly became ill with cholera after drinking water from the contaminated pump. After much controversy and deliberation, the London council finally removed the water pump handle and the outbreak subsided (Gordis).



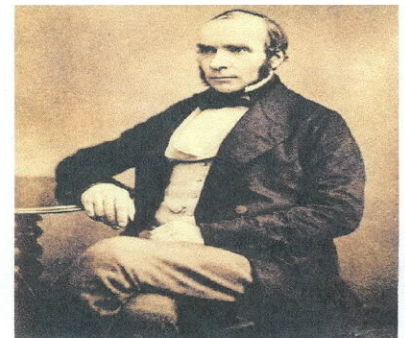
Figure 1. Map of Broad Street in London

FlowingData.Com

Today's Lesson

Two common words that epidemiologists use are prevalence and incidence. Prevalence is “the number of affected persons present in the population at a specific time divided by the number of persons in the population at that time” (Gordis). In other words, prevalence is a snapshot in time of how many individuals are currently affected. Incidence is “the number of new cases of a disease that occur during a specific period of time in a population at risk for developing the disease (Gordis). To clarify this definition, incidence can be viewed as the number of new individuals affected in a specified time frame. Furthermore, prevalence may be described as existing cases and incidence may be described as new cases.

Stay tuned! Future issues will include information on case-control, cross-sectional, cohort studies, and other basic principles of epidemiology. It is our hope that the epidemiology section of this newsletter will enable you to better understand and enjoy the workshops and conferences you attend. If you have any suggestions for this section of the newsletter, please feel free to email me at Kathryn.Rotelli@dmhmrsas.virginia.gov. Feedback is always welcome.



John Snow

Joyceimages.com

Gordis, Leon. (2004). *Epidemiology*. Pennsylvania: Elsevier Saunders.

Lewis, K. (2008, January 7). *Introduction*. Presented at a HTH451 lecture at James Madison University

Free Materials and Helpful Information

ONDCP New Free Materials for Communities and Families

The National Youth Anti-Drug Media Campaign, a program of the Office of National Drug Control Policy (ONDCP) has materials available to remind teens and parents that drugs harm academic achievement and performance in school. New posters, postcards and other materials that encourage teens to live "Above the Influence" are available free to communities, youth-serving organizations, and teen themselves. More information is available at www.jointogether.org/news/yourturn/announcements/2008/ondcp-offering-new-materials.html.

Learn How To Start—and Run—a Youth Program

The National Clearinghouse on Families & Youth (NCFY) [Guide to Starting a Youth Program](#) will point you to websites that can help you get started, apply for funding, find best practices, and evaluate your program's effectiveness. More information is available at <http://ncfy.acf.hhs.gov/>.

Find Funding: NCFY has helped youth-serving agencies across the country identify potential private and public funding sources for their programs. They can help you, too! If you need to know who funds, say, after school activities in Oklahoma, mentoring programs in Alaska, or service learning in South Dakota, call (301) 608-8098 or e-mail them using the [online form](#).

NCY Announces National Children and Youth Policy Agenda

The National Collaboration for Youth (NCY), a 40 year old coalition of youth-serving nonprofits, has proposed a national policy agenda, [Toward a Brighter Future: An Essential Agenda for America's Young People](#). The agenda comes at a time when federal government's investment in children and youth continues to decline. According to the [First Focus Children's Budget Book](#), federal spending on children decreased by 10 percent in the past five years. More information is available at <http://www.connectforkids.org/node/3236>.

Virginia Smoke-Free Restaurants

The Virginia Department of Health (VDH) has information on smoke-free establishments. The website has information on the percentage of full service and fast food restaurants that are non-smoking, the range of percentages of full service and fast food restaurants in individual localities that are non-smoking, the percentage of full service restaurants that are non-smoking and the range of percentages of full service restaurants in individual localities that are non-smoking. For more information, visit the Virginia Department of Health's website at <http://www.healthspace.ca/vdh>

Marijuana Awareness Kit Available for Free Online

As leaders in the effort to raise healthy, drug-free youth, you can be key partners in our efforts to educate Americans about the serious harms of marijuana. The materials included in the Office of National Drug Control Policy's [Marijuana Awareness Kit](#) can help you bring this important prevention message to your community. The materials in the kit can be used "as is" or customized to include specific information about your community. More information is available at http://pushingback.com/blogs/pushing_back/archive/2008/09/23/44155.aspx.

Online Resource for Teens

The Partnership for a Drug-Free America and Major League Baseball are proud to introduce a new online resource to educate teens about the dangers of steroids and other performance enhancing substances and encourage them to "Play Healthy." Parents and coaches can [download a free Talk Kit](#) to help guide conversations about the value of healthy competition among young athletes, and a new blog, Coaches Corner, offers a place to connect with others on this important health issue. More information is available at <http://www.drugfree.org/playhealthy/>.

Youth Health Toolkit for Immigrant Youth

Through committed dedication to empowering youth to take control of their health, the [Youth Health Toolkit](#) was created to assist immigrant and refugee adolescents in their exploration of what it means to be healthy. More information, can be found at: <http://alexandriava.gov/uploadedFiles/mhmrso/info/Changing%20Worlds,%20Changing%20Bodies%20YHT%20final.pdf>

Nominations for the 7th Annual Virginia Mentoring Awards

The Virginia Mentoring Partnership is accepting nominations for the 7th Annual Virginia Mentoring Awards, and on February 12, 2009, will recognize two outstanding mentors and two mentoring programs. The categories include: Outstanding mentor of the year and Outstanding mentoring program of the year. Do you know a volunteer mentor who is exceptionally committed, inspirational, and is a model for others? Do you know of a mentoring program that follows best practices, is effective, and makes an impact in the community? **The deadline for making nominations has been moved to December 5, 2008.** The nominating form can be found at the website: http://www.vamentoring.org/news_and_events/annual_vmp_awards/. Questions? Contact Allyson Roberts or Rebekah Holbrook at (804) 828-1536.